

BUSY BEE BULLETIN

JUNE 2011

COLCHESTER SENIOR CENTER

“Proud To Be Part of the Community”

The Colchester Senior Center is an open door to the community.

Monday-Friday 8:00 a.m. – 4:30 p.m.

We enjoy everyone's visit!

Summer

Laughter of Lilacs

Rainbows of roses

Songs of the robins

Lily of the valley borders

Sunshine to warm the heart

Oh what joy this season does impart!

- Anne Morrow Lindberg

Dear Friends:

As I write this letter, I feel like bursting into song. Unfortunately I can't sing very well (smile). If you're wondering why I'm so cheerful, I'll tell you. Like most of you, I'm happy because after the longest snowiest winter in quite some time, the sun is shining brilliantly through the window in my office today, and it feels as though the breeze is blowing summertime a bit closer.

Life in the moment seems pretty darn good, and I'm feeling inspired to make the most of every lazy hazy day ahead. I hope you are equally as excited to fill your summer days with all that the season and the senior center have to offer in the coming months.

For your pleasure, we have planned numerous exciting trips and activities that will enable us to take advantage of the summer weather, and enjoy the beautiful scenery and uniqueness of the region. And as always, we would be happy to add a new venture if you have a suggested destination. So get your sandals and sunscreen out of storage once again, and get ready for an enjoyable and adventurous summer. I hope you enjoy the magic!

Sincerely,
Patti White, Director

“The time has come”, the Walrus said’

“To talk of many things:

Of shoes-and ships-and sealing wax-

Of cabbages, and kings-

And why the sea is boiling hot-

And whether pigs have wings.”

- Lewis Carroll

COMING EVENTS

SUMMER BINGO-beginning the third Wednesday in June from 5:00-7:00 pm. A light supper will be available at 4:00. Contact Priscilla the day prior to order a meal.

COMPUTER/INTERNET CLASS-(Six week course)- Learn the basics of how a computer operates as well as how to access the internet and send and receive e-mails. Classes will be held on Mondays from 3:00-4:30 June 13- July 25th. No fee but prior registration is required.

FAIR COMMITTEE- We will begin planning for the November 19th annual fair. The first meeting will be on June 21st at 10:00. All interested are welcome!

GREEN TEAM-Garden program with senior citizens and youth will begin meeting on Wednesday afternoons in June. The center has an herb, flower and vegetable garden! Enjoy sharing your life with a youngster. Contact Priscilla for the full summer schedule.

DOO WOP - Monday mornings 10:00-11:00. Our newly formed Doo Wop group will be practicing their fifties songs. New comers welcome! (No Doo Wop on the 13th.)

ARE YOU GAME?-Tuesdays at 10:00. Join us for Family Feud, Scrabble, or perhaps Wheel of Fortune on our big screen TV. (No games on the 21st.)

ANNUAL TAG SALE-Sunday June 12th from 9:00-1:00 at the senior center. Enjoy purchasing quality items at great prices! Come one and all to support your local senior center. (All proceeds will help fund our center's programs and activities.)

Deadline for donations is June 2nd. (No clothing or shoes accepted.)

Thank you for your cooperation and support.

WELLNESS PROGRAMS

FREE HEARING CLINIC-by appointment, on Wednesday June 8th from 10:00-12:00. Hearing screenings, a hearing aid maintenance service and ear wax inspection is available from Bob Sawyer, Board Certified in Hearing Instrument Sciences by the International Hearing Society and a Connecticut licensed hearing instrument specialist and dispenser for nearly 20 years. Call to schedule your appointment at 537-3911.

BLOOD PRESSURE CLINIC- Blood Pressure Screening is on Monday June 13th from 10:00-11:00. Please sign in at the dining room desk and get your number/ticket. Provided by Wendy Pizzoferrato RN, from "Housecalls".

LOW VISION SUPPORT GROUP- will meet on the third Thursday of the month (June 16th) at 10:30. This program is coordinated by Colchester Senior Center and the Colchester Lions Club. We invite those with all levels of vision impairment. Hear informative guest speakers and view low vision products that can help make every day living easier.

TAI CHI STYLE EXERCISE-on Tuesdays at 10:00. (This program is group lead with Tai Chi style movement.) Gain better balance and flexibility!

EXERCISE CLASSES-Exercise classes with a certified instructor. Schedule: M,Th,F 9:00 am. M,W, F 10:30 am. See insert for details.

SENIOR YOGA- Thursdays at 10:30 we offer Hatha style Yoga with a certified instructor. Class begins with a gentle massage and will include gentle Yoga postures and deep breathing. Bring a mat (or you can participate seated in a chair) and wear comfortable clothing. A \$4.00 fee per class is to be paid directly to instructor.

“MAKING MEMORIES” Program- A Recreational Therapy program for individuals facing early signs of memory loss and/or impaired cognitive functioning. This program is supported by the Senior Resources –Agency on Aging with Title III funds made available under the Older Americans Act. Additional funding for the program is made possible by the Brookdale Foundation. For more information contact Patti White at 537-3911.

Growing Older is Great Because...

- *Every day is a new experience.*
- *Tolerance grows with age.*
- *Life gets more interesting!*
- *I'm proving it's never too late to learn.*

ACTIVITIES

DUSTBUSTERS-Bring in up to five items (dust collectors) on Monday June 6th at 9:30. Go home with a new treasure!

NEEDLEWORK- Wednesdays at 9:00. Share your talents; learn to knit, crochet or create needlework with others.

SCRABBLE- Mondays from 10-12. Keeping your mind active!

POKENO- Thursdays at 9:00.

Wii BOWLING- Thursdays from 9:00-10:30.

LINE DANCING –Thursdays at 1:00. Great exercise! (No line dancing on the 16th.) No line dancing on Thursday June 2nd and June 16th.

RETIRED SENIOR VOLUNTEER PROGRAM-“RSVP”-the group will meet on Wednesdays at 10:15. Join us to work on volunteer projects for local hospitals, nursing homes and non-profit organizations.

MOVIE/LUNCH-Enjoy “The King’s Speech” on June 21st in our air-conditioned room. Sign up for lunch we’ll have subs and popcorn too! Cost for lunch is \$4.00.

CARD GAMES- the Colchester Senior Center and its participants welcome new players. **Partners not required for card games.**

Setback- Mon. at 12:45

Pinochle- Tues. at 12:45

Phase 10-Tues. at 12:30 (sometimes Skipbo/Rummy Cube)

Bridge- Wed. at 12:45

Cribbage- Fri. at 1:00

BINGO- every Friday at 10:00. We have two groups of play. The group that meets in the activities room plays with many cards; the group that meets in the center’s library plays with fewer cards. Join the game of your choice!

Evening Bingo Wednesdays starting June 15th.

Can You Answer these June Trivia Questions?

1. Who earned infamy for noting: “A billion dollars isn’t worth what it used to be?”
2. Who was the last president of the Soviet Union?

3. Who saw the turtleneck he wore at cease-fire talks in Bosnia fetch \$5000 at auction?
4. What congressional award was Dr. Mary Edwards Walker the first woman to receive?
5. What civil rights leader did Dorothy Parker leave the bulk of her estate to?

MEETINGS AT THE CENTER

SENIOR CENTER GROUP MEETING- Second Friday of the month at 12:30.
Join us to discuss ways to improve and support the activities of the center.

COMMISSION ON AGING MEETING- Second Monday of the month at 1:00.

TRIAD- Third Tuesday of the month at 8:30.

June is National Dairy Alternative Month

(by www.examiner.com)

Have you ever tried organic alternatives? There is a choice! The choice is not just for those who have a dairy intolerance or allergies anymore. There are those who choose organics because they don't eat dairy. If you are new to this non-dairy world know that it may take a little palate re-education. But isn't it good news that we have alternatives!

Taste is the key. Almond milk has no funky flavor and it is great on cereal. It also works great in baking or cooking. (But not so well for boxed puddings.)

Rice milk is another alternative to try. The liter cartons are kept on the shelf and need to be refrigerated after they are opened. Soy milk comes in many great flavors and is a good choice for many people.

In the grocery store's organic section you will find frozen non-dairy desserts that are yummy and worth a try especially on a warm day!

Benefits Counseling

You may qualify for fuel assistance, health insurance, food stamps, the Medicare Savings Plan or other service programs and not even know it!

This month appointments can be made from 9:00-3:00 on June 27th.

Information needed to collect the Benefits Check Up:

- Month/Year of birth
- Citizenship Status, Marital Status and Veteran Status
- Residence type (own home or rent)
- All sources of income for all in household.
- All sources of assets for all in household. (cash, automobiles, retirement/investment accounts, life insurance, burial accounts, ect.)
- Estimates of monthly living expenses (rent, mortgage, taxes, fuel, electric, ect.)
- All out of pocket expenses for medical (including co-pays and insurance premiums.)

Temp Your Taste Buds with...

Light Carrot Cake

Ingredients:

6 egg whites	2 teaspoons baking soda
1 1/3 cups white sugar	1 cup whole wheat flour
1 cup applesauce	1 cup all-purpose flour
1/2 cup skim milk	1 (8 oz. can crushed pineapple w/juice)
1 1/2 cup teaspoons vanilla extract	2 cups shredded carrots
1/4 teaspoon ground cloves	1/2 cup chopped walnuts
1/2 teaspoon ground nutmeg	1/2 cup raisins
1 tablespoon ground cinnamon	

Directions:

Preheat oven to 350 degrees F. Lightly grease a 9 X 13 inch pan with non-fat cooking spray. In a large mixing bowl, beat egg whites. Slowly beat in sugar, then applesauce, skim milk, and vanilla. Stir in cloves, nutmeg, cinnamon, baking soda, and flour. Stir in one ingredient at a time, pineapple (with juice), carrots, walnuts, and raisins. Pour into the prepared pan. Bake for 35-40 minutes in the preheated oven. It is done when toothpick inserted in center comes out clean. ENJOY!

HAPPY BIRTHDAY

JUNE 2011

Happy Birthday from the Colchester Senior Center Staff!

Join us as we celebrate June birthdays on Wednesday the 29th at 12:00 noon.

Enjoy a small token surprise. Together we will all share a piece of birthday cake and sing happy birthday!

JUNE...

2...Lois Westcott	4...Sylvia Sklar
8...Doreth Wiggins	15...Bea Ruiz
16..Zan Picard	26...Betty Corey

If your birthday is not listed please let Donna know, so she can add you to our list!

TVCCA COMMUNITY CAFÉ

The TVCCA Community Café serves lunch at noon. The cost of the meal is a suggested donation of \$2.50.

The **TVCCA fresh prep menu** is being served on *Tuesdays, Wednesdays and Thursdays* in the dining room. Every meal includes a meat, potato, vegetable, milk and bread. It is cooked and served hot and fresh just like homemade!

Salads are being served too. Check the menu in this newsletter to see the new choices. You must be a registered participant in the café program to enjoy the meals. If you are

not registered, please ask the site server (Jane) how you can easily register.

TVCCA needs your meal reservation 72 hours in advance. Please call the senior center at 537-3911.

If you are getting a meal, please check in at the dining room desk when you first enter the senior center so that the kitchen knows early that you will be here for your meal.

Rent Rebate Program

Basic Information and Requirements

The program is offered to those 65 years of age and older and those people less than 65 years of age who are receiving Social Security Disability benefits. The applicant must present proof of disability for the filing year (2010). The applicant must have rented in Connecticut for the “2010” year or part of that year. **Income guidelines as follows: unmarried applicants must not exceed \$32,300 and married applicants must not exceed \$39,500.** If an amount is granted, the recipient will receive a one time check (per each year of applying) from the Office of Policy and Management in Hartford, Connecticut.

Please bring proof of the following for 2010.

___ **All taxable income including:**

Social Security 1099 Form

Pensions, wages, interest, dividends, lottery winnings, IRA's, Veterans Pensions and Disability.

For disabled individuals; bring Social Security documents stating that you are **disabled** and what you receive for **yearly income**.

Income must be provided for each adult living at your residence.

___ **Rent:** A print-out listing **12 months of rent**.

___ **Utilities:** A print-out showing **verification of payment** for water, electric, oil and gas (propane) for 12 months.

___ **Income Tax:** If you filed we will need to make a copy. Please make sure it has your signature.

You can apply for this program through September 15th by calling the Colchester Senior Center office for an appointment at 537-3911. (You must apply in the town in which you live.)

People living at Colchester Commons and Westchester Village can apply for this program or the Tax Relief program through the Assessor's office, but **may not apply for both programs.**

Thinking of You

People want to know where their friends are, so we try to pass this information along. If there is a change in anyone's status, please let us know.

Apple Rehab of Colchester: Connie Wright, Dot Shiff

Harrington Court: Edie Wax, Millie Fiondella, Edmond Fontaine,
Walter Patterson, Catherine Palmer

Marlborough Health Care: Kathy Tischoffer, Mary Raicik

TRANSPORTATION

In Town Transportation:

Please call before 12 noon to secure your reservations for the following day or unfortunately we may not be able to grant your request.

Out of Town Transportation:

A grant from the Department of Transportation enables us to offer out of town transportation on a first come, first served basis. Please call (537-3911) after 2:00. Giving as much notice as possible will increase the chances that we can fill your request.

Donations for both in town and out of town are accepted by mail or you can bring your donations to the senior center office.

TRAVEL

Call the Colchester Senior Center for additional information (537-3911).

TRIP SIGN UP- *For your convenience we have changed our trip policy. You may call the office to make your trip reservation or come into the center to sign up on Mondays and Fridays.*

Our Brown Bag series returns! Pack a lunch and travel with us to:

Hart's Greenhouse and Mohegan Park Rose Garden in Norwich on June 10th.

Transportation is a suggested donation of \$2.00.

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BUTTERFLY PAVILION/NORWICH TECH-Enjoy a delicious lunch at Norwich Tech's new Culinary Class Dining Room after visiting 1000 beautiful butterflies on June 2nd. Costs: \$10 Norwich Tech lunch- \$3.00 Butterfly Pavilion entry- Suggested transportation donation is \$2.00. Sign up in the office.

RETAIL SHOPPING TRIP- Shop Rocky Hill's Walmart or Kohls on Wednesday June 8th. Transportation is a suggested donation of \$3.00.

LUNCH OUTING- Caddy Shack Café in Norwich on Friday June 24th.

Transportation is a suggested donation of \$2.00.

JOHNNY CASH MUSICAL-Ring of Fire –Wednesday August 3rd at the Ivoryton Playhouse. See a tribute to the legendary "Man in Black" with some of his greatest songs! Cost \$35. A suggested donation for transportation is \$3.00. Seating is limited.

CRUISING THE HUDSON RIVER-Thursday August 18th – Enjoy a two hour cruise aboard the double decked M/V Mystere as you take in a breathtaking view. Dine at the unique Shadow on the Hudson, a new waterfront restaurant, perched on a cliff with magnificent views! Stop at Fishkill Farms a family business for nearly 100 years with the best home grown fruits, vegetables, gourmet cheeses plus a bakery with pies and more! Cost \$77.

FRENCH RIVIERA-(Nov. 9-16, 2011) \$2,779 Double, Single \$3,179-Highlights

include Nice, Ventimiglia, San Remo, Grasse, Perfumerie, St. Paul De Vence, Flower Market, St. Jean-Cap-Ferrat, Rothschild Villa and Gardens, Monaco, Oceanographic Museum.

NATIONAL PARKS-(12 Days Sept. 2012)- Highlights include Scottsdale, Lake Powell, Grand Canyon, Bryce, Zion, Salt Lake City, Grand Teton & Yellowstone National Parks, Old Faithful, Sheridan, Bighorn Mountains, Mount Rushmore, Crazy Horse Memorial.

AFRICA-Kenya Wildlife Safari-15 Days- Departure March 2013- Highlights include Nairobi, Samburu National Reserve, Mt. Kenya Safari Club, The Ark Lodge, Kigio Conservancy, Masai Msra, Karen Blixen Home, Carnivore Restaurant, Mt. Kilimanjaro and 9 Wildlife Safaris!

The National Parks and Africa trips are preliminary meaning they are subject to changes.

Answers to: June Trivia Questions

1. J. Paul Getty
2. Mikail Gorbachev
3. Jimmy Carter
4. Medal of Honor
5. Martin Luther King Jr.